

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

THE FRIDAY LETTER

Vol. 13 No. 5

Published by USDA's Food and Nutrition Service

March 8, 1991

Speaking personally...

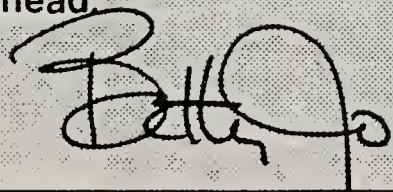
I've just finished reading an extensive compilation of the more than 500 comments submitted as part of the Work Force Diversity teleconference evaluation. It was valuable for me to get a feel for what our employees think about the meeting and the issue.

One area of concern to a number of employees is the cost of the teleconference. Although the evaluation showed that over 60% of the respondents thought teleconferences are a good means of communicating with all employees, a large number were qualified by noting that the cost had to be considered. I agree wholeheartedly, and I'm pleased that FNS employees are good fiscal watchdogs! The Work Force Diversity teleconference cost the Agency \$45,000, and I believe it was worth it. As an information-sharing tool for approximately 1800 people, the teleconference cost \$25.00 per person. Given the importance of the initiative, I believe that's an efficient investment in "getting the word out".

Also, in retrospect, I think the teleconference was too long. People get restless after sitting too long, and if we try this again we'll work to make it more "punchy".

Finally, I agree with the large number of people who felt that the contractor was a disappointment. Even though Mr. Lattimer was a last-minute stand-in, a shorter, more focussed presentation would have been more valuable. We have sent a letter to the American Institute for Managing Diversity transmitting the comments we received from you.

We are preparing a package of information which discusses the Work Force Diversity initiative, describes the goals and objectives of the program, discusses the Action Plan, highlights the important parts of the Task Team report, and answers questions about the initiative. Soon the various training opportunities will begin. I'm looking forward to the work that lies ahead.



USDA to Open Child Care Center

by Wini Scheffler

Construction workers are putting final touches on a long-awaited child care center for USDA employees in the basement of the Auditors' Building this month, according to **Vicky Urcuyo** of the HQs Food Distribution Division. **Vicky** and **Susan Poneman** of the Child Nutrition Division served on a technical review panel that met February 11-15 to evaluate bids for managing the center.

Edwardene Pitcock, a management analyst with the Office of Personnel, has spearheaded the project under the direction of Assistant Secretary for Administration **Adis Vila**. USDA provides space, utilities, and certain equipment, while the company that wins the contract will operate the facility.

"Our panel recommended the company we think most capable of making the center work for the long-run while providing quality care," said **Vickie**. USDA's procurement office will consider the panel's advice before awarding a contract.

Work is still underway to transform the basement into a safe and welcoming space for 88 children and infants and to prepare a fenced-in outdoor play area. The center should be open by late spring, she said.

In the meantime, project supporters have established a USDA Child-Care Foundation to raise money for scholarships for children whose parents cannot afford the full fee. A "50s Rock Around the Clock Benefit Dance" has been set for March 16 in the Administration building patio, with proceeds to go toward scholarships. Another fundraising initiative to be announced shortly will encourage FNS employees to recycle aluminum cans to support the scholarship fund.



CAWG Serves Meals to Homeless

by Darlene Barnes

Members of the Consumer Affairs Working Group (CAWG) got a first-hand look at commodity foods being put to use last week as they served meals to needy people at So Others Might Eat (S.O.M.E.), a Washington, D.C. feeding site.

CAWG, chaired by **Ann Chadwick**, USDA Consumer Advisor, is a group of representatives from USDA agencies that meet monthly to discuss consumer issues with regard to agriculture programs. CAWG also visit agencies to share information, or participate in various agency activities to see how they work.

FNS provides some commodity food to S.O.M.E. through its donations to soup kitchens and food banks. This visit was arranged by **John Wingo** of the Alexandria Field Office, and by Public Affairs Director **Joe Dunphy** of the Mid-Atlantic Region, which administers the programs in the District of Columbia.

"It was a real 'eye-opener' to learn that in our Nation's Capital there are so many men, women and children who are hungry, and to see how much volunteer time people put in to making this work," said **Kathy Shanahan**, Confidential Assistant to the Consumer Advisor.

S.O.M.E. is a non-profit, tax exempt organization which serves the homeless, the destitute and the elderly in the Washington, D.C. area. After watching a movie about S.O.M.E., the group toured the facility, including the storage area of USDA commodities, and served meals in the afternoon.

S.O.M.E. serves over 600 meals a day just at this one site alone. It also has a food distribution program, dental and medical health centers, counseling and social services, special care services for the neglected elderly, and other services.

ON THE HILL...

by Bob Beard

Hearing on NSLP and Breakfast

On Tuesday, February 26, 1991, 10:00 am., the Subcommittee on Elementary, Secondary and Vocational Education, House Committee on Education and Labor, held an Oversight Hearing on the National School Lunch and School Breakfast Programs. Witnesses testified about the status of the National School Lunch and Breakfast Programs; the nutritional and budgetary changes they would like to see; and about the importance of these programs to feeding children and enabling children to be able to learn.

Betty Jo Nelsen was the lead witness and testified that the President's Budget request shows a significant support for the Child Nutrition Programs, including one of the largest increases ever for WIC. She also explained the Administration's proposal to reduce the charge for School Lunch and Breakfast for the reduced-price category, from 40 cents to 15 cents for Lunch and from 30 cents to 10 cents for Breakfast. This would increase participation by 250,000 children. To fund this, in a "pay-as-you-go" budget, the cost of the paid lunch would be 6 cents more.

The Administrator also testified about the aggressive actions we are taking to improve the nutritional content of meals. She noted that we are dependent upon the success of State and local employees and we support them in every way possible.

The witnesses included **Betty Jo Nelsen**, Ann Gennings, President, American School Food Service Association; **Dorothy V. Pannell**, Director of Food Services, Fairfax County Schools (representing alternatives to commodities), **Victoria Leonard**, Center for Science in the Public Interest, and **Charles Huges**, representing the American Federation of State, County and Municipal Workers New York Schools local.



What's New?

(from *Environmental Nutrition* 2/91)

Flatulence Felled by Gas-Fighting Enzyme

The phone is ringing off the hook at Lactaid Inc., in Pleasantville, New Jersey. According to a company spokesperson, Lactaid Inc. is being overwhelmed with requests for information about *Beano*, a new liquid enzyme designed to reduce intestinal gas produced from foods like beans.

Beano, introduced in June of 1990, contains an enzyme derived from the fungus *Aspergillus niger*. The enzyme, alpha-galactosidase, works by breaking down indigestible sugars found in gas-producing vegetables and legumes including broccoli, cauliflower and cabbage. The newly digestible sugars don't trigger the flatulence and bloating that often follows ingestion of these foods. By ad-

ding 3 to 8 drops of *Beano* to the first bite of the offending food, the manufacturer says the enzyme will break down the gas-producing sugars generated by the entire portion. One drawback: *Beano* is inactivated by heat, therefore it cannot be used in cooking or on foods hotter than 130 degrees Fahrenheit. As a general rule, if the food is not steaming, it's okay to add *Beano*.

Beano is sold in 1/2 fluid ounce containers—enough to treat 75 servings of food. The suggested retail price is \$8.95. To order, call (800) 257-8650.

Lactaid Inc. also manufactures *Lactaid* a milk-digesting enzyme which, when added to milk, makes it more digestible for people with lactose intolerance.

Black History Month Is Celebrated Around the Country...

...at Headquarters

by *Floyd Miles, II*

FNS celebrated Black History Month with style this year. This year's theme was "Educating America, Black Universities and Colleges, Strengths and Crises".

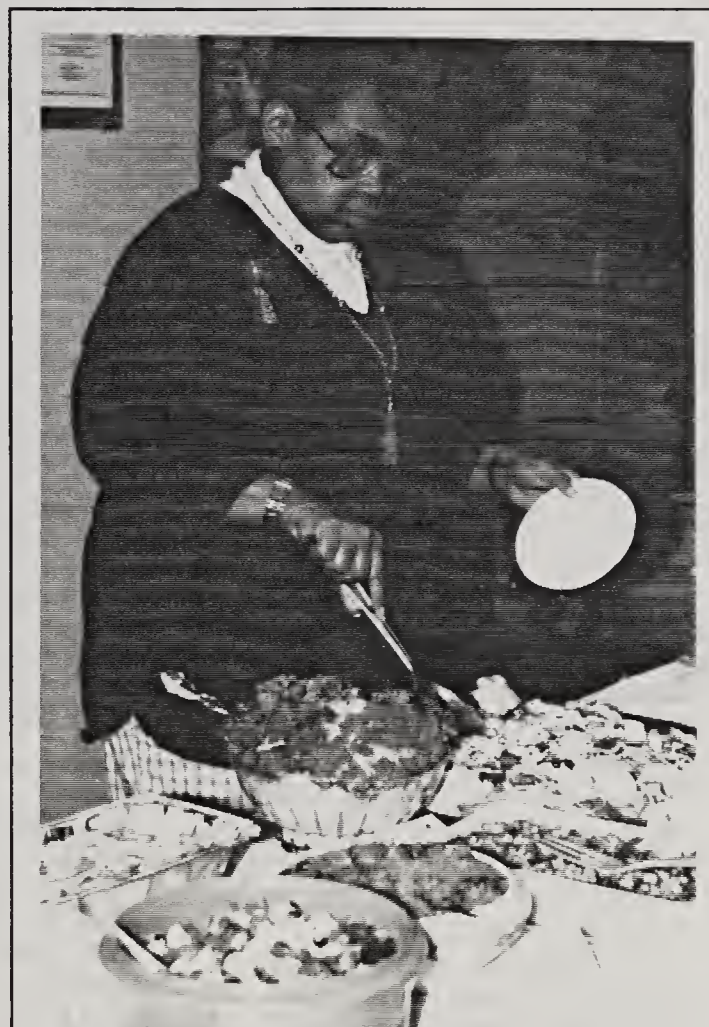
The Headquarters kickoff event featured **Dr. Calvin W. Rolark**, president of the United Black Fund, Incorporated. Rolark presented a wealth of information on Historically Black Colleges and Universities. **Rolark** said, "Thanks to Historically Black Colleges and Universities, these institutions have enabled Black Americans when we were not permitted to attend white institutions, to prick the conscious of America with hopes of eradicating racism in these United States of America". He also said to a rousing ovation, "We ain't what we use to be, we ain't what we ought to be, we ain't what we gonna be, but thank God with all of us working together, respecting each other and caring for each other we ain't what we wuz. If it is to be, it is up to me".

On February 13, 1991 two oscar nominated movies were shown in the fourth floor conference entitled "Lean on Me" and "Glory". The viewing of the movies was well attended and attendees were very impressed with the overall themes of each of these movies with their academy award winning actors **Morgan Freeman** and matinee idol **Denzel Washington**.

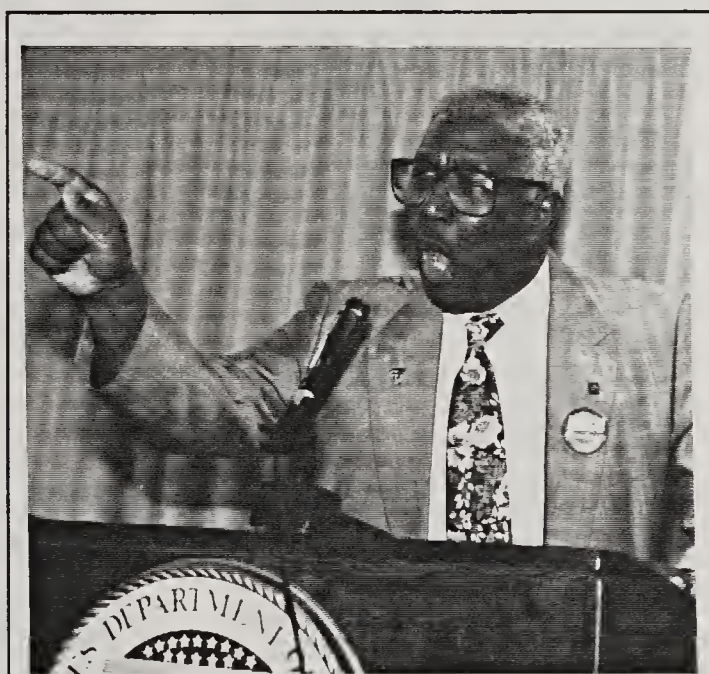
The annual International Potluck Luncheon capped the month's activities with a bang. It was our largest potluck luncheon ever with approximately 100 participants and scores of dishes to choose from. It was every bit of an International Potluck Luncheon and more. Dishes were from everywhere; from **Christy Schmidt's** East African Chicken to **Barbara Hallman's** Jambalaya, from **Floyd Miles'** Texas Hot Sausage (federal expressed from Texas) to **Ramona Justice's** Curry Chicken. There also were numerous door prizes given to lucky ticket holders. Prizes were donated by several businesses here at the Park Center Office Complex as well as numerous businesses throughout the greater Metropolitan Washington area.

The Black Emphasis Program Planning Committee would like to thank all of the FNSers for their support and the **super-visors** of the committee members for enabling them to work on the committee in concert to prepare such a fine array of activities commemorating the achievements of Black Americans.

(continued on next page...)



Phyllis Twyman digs in!



Dr. Calvin W. Rolark

...in the Mid-Atlantic Region

by Kim Jabat

MARO's observance of Black History Month was exciting as well as unique. For the first time in MARO's history, minority students from nearby Allentown High School were invited to the regional office to participate in the observance.

Chris Martin, Regional Administrator, provided an overview of the agency's mission and talked about career opportunities.

Program staff gave the students an overview of FNS programs and their respective responsibilities. The students toured the office and met with employees.

The students also joined in MARO's International Potluck Luncheon. Regional office employees prepared food items from the United States and other countries. MARO plans on following up with the students and the counselor regarding employment opportunities.

In other activities, MARO's employees heard **Dr. William B. DeLauder**, President of Delaware State College, speak in observance of Black History Month. In keeping with this year's theme, Dr. DeLauder spoke about the history of 1890 colleges and universities, accomplishments and challenges. **Median (Bill) Vidrine**, USDA/1890 Liaison from Delaware State College, accompanied Dr. DeLauder and addressed the audience.

Also featured in Black History Month was **Louise Fidati Grieve**, an avid collector and world traveler. She displayed numerous artifacts from southern Africa. Other contributors to the exhibit were regional office employees and **Garrett**



RA Chris Martin and Dr. William B. DeLauder

Jacobs, a local artist. MARO's field offices also conducted or attended events during the month at their locations. Philadelphia field office employees attended a program sponsored by the Bureau of Federal Prisons. The keynote speaker was **Thomas C. Lane, IV**, Superintendent of Bridgeton, New Jersey Schools. **Lane's** presentation, which was done through dramatic readings and recitals, was informative and entertaining. Employees of the Bureau also performed a skit in observance of Black History Month. The event ended with a Soul Food Luncheon.

Caribbean Area Office staff members provided entertaining and informative presentations for office employees. **Luis Rosario**, accountant, provided a recital on black poetry and **Madeline Rodriguez**, food program specialist, did a presentation on black history. Also, material was displayed and videotapes on the series, "Eye on the Prize," were shown.

The Towson field office showed the film, "Satchmo," the life of **Louis Armstrong**.

The staff of the Richmond field office visited the Virginia Museum of Fine Arts to view works by many Afro/American artists. The

...in the Western Region

by Kristy Bole

The WRO Black History Month Committee planned a number of programs during the month of February, starting with the film "The Magnificent 114" on the 114 Black colleges and universities in the United States. Highlights of the month included **JoAnn Buckner**, a food program specialist in the WRO Food Distribution Program, telling Afro-American folktales, and a panel of Western Region alumni of Black colleges who discussed their educational experiences. The four panelists were **Cleo Davis**, WRO Child Nutrition Programs; **Jacqueline Henry**, San Francisco Field Office; **Keith McNeil**, Food Stamp Program; and **Billy Boston**, Financial Management.

The WRO also offered a workshop entitled "Black History in the Workplace" by a professor from the San Francisco State University Black Studies Program and a lecture on the United Negro College Fund.

The WRO Black History Month committee consisted of **Kelly Gilbert**, FM; **Jacqueline Henry**; **Glenda Johnson**, Civil Rights; **Keith McNeil**; **Leon Mello**, FSP; **Doraetta Mozon**, CNP; and **James Witt**, San Francisco Field Office.

museum's theme from January 30 through March 24 is "Black Art Ancestral Legacy". The Charleston field office hosted author and researcher on black history, **Ancella Bickley**. **Bickley**, who also is a recipient of the NEA **Carter G. Woodson** Award, has done extensive research on black history along the Ohio River. She provided enlightening information about Black History in West Virginia.

MARO's Alexandria field office staff attended activities conducted at Headquarters and the Harrisburg field office displayed articles about blacks

...in the Mountain Plains Region

by *Craig Forman*

An impressive slate of public speakers representing education, state and Federal governments, and Denver's professional basketball team preceded a luncheon that closed out Mountain Plain's Black History Month observance this year. Metro College vice president **Dr. David Williams** talked about the changing workforce; State Senator **Regis Groff** spoke of the importance of education to minority youth; Denver Nuggets Vice President for Marketing **Robert Tassie** discussed education and professional basketball players, MPRO Nutritionist **Stella Nash** discussed the evolution of Black Americans' diet from pre-Civil War times, and MPRO's **Maurice Wade** was a guest speaker for students in four American history classes at **Martin Luther King** Middle School in suburban Denver. **Maurice** discussed the role of Black cowboys in the expansion of the American frontier. **Maurice** competes in calf roping events on the Black rodeo circuit around the U.S.

Over 100 staff from several Federal agencies participated in the soul food luncheon arranged by MPRO Black Program manager **Willie McWashington**. The Reverend **Gene Skidgel** offered a prayer of thanksgiving for light casualties among soldiers involved in Operation Desert Storm. Afterward, 13 Denver staff involved in volunteer activities received "One Thousand Points of Light" commendations signed by former USDA Agriculture Secretary **Clayton Yeutter**.



MPRO Regional Administrator David Alspach presents Colorado State Senator Regis Groff with a distinguished service award for his long-term contributions to FNS Black History observances.

...in the Southeast Region

by *Connie Crunkelton*

Black History Month took on new dimensions for SERO employees this year under the leadership of SERO's **Rosie Daugherty**. **Rosie's** efforts were supported by a committee of thousands (actually quite a few less than that). Efforts by SERO's Black History Month Committee enabled regional and field office staff to participate in a variety of activities.

A special event was scheduled for each week of the month. Because of SERO's reputation for presenting quality educational programs geared toward representation of minorities, employees from several other agencies joined in the weekly activities. Agencies attending the SERO-sponsored activities included USDA's Forest Service, Animal & Plant Health Inspection Service and Food Safety & Inspection Service; the F.B.I.; Immigration & Naturalization Service; Corp of Engineers; the Federal

Labor Relations Board; and the Government Accounting Office.

Week one featured a presentation by **Abraham Davis**, political science professor at Morehouse College, Atlanta. **Dr. Davis**, who has a wonderful speaking ability, presented a graphic description of the socio-political strides African-Americans have made since the mid-1860's. He also stressed the fact that the Civil Rights Act most of us take for granted didn't go into affect until the sixties. Prior to that, existing civil rights laws were rarely enforced and openly disregarded in many instances.

The second weekly activity was a symposium featuring speakers from several of the predominantly black colleges and universities in the Atlanta area, the chairman of the board for the National Black College Hall of Fame and the area development director for the United Negro College Fund. A local radio

personality who was scheduled to moderate the panel had to cancel at the last minute. However, he was ably replaced by FS's **James Brame** (alias **Bryan Gumbel**) and PA's **Connie Crunkleton** (alias **Jane Pauley**). SERO employees, speakers and guests were treated to a reception that followed the symposium. Refreshments were prepared and donated by SERO employees at their own expense. This social setting gave SERO employees the opportunity to meet individually with the guest speakers.

Week three was "A Taste of African-American Culture." This event was held in the lobby of the **M.L. King** Federal Annex Building and featured a selection of African, Jamican and African-American foods, artwork, artifacts, jewelry, clothing, displays and music that reflected the distinct influence of African-Americans.

(continued on next page)

The final SERO activity was a tour of the campuses of two of Atlanta's predominantly black colleges--Morehouse and Spelman. Tours were conducted by student guides who were both knowledgeable and enthusiastic. The tour ended with lunch at Spelman's cafeteria.

In addition to the weekly events, SERO employees were offered the chance to compete in a weekly African-American Trivia Quiz, to learn more about the contributions of African-Americans through a display in the rotunda of SERO's headquarters' building that was changed weekly and a recommended listing of videotapes available at video stores or local libraries that highlighted the African-American experience. SERO also joined other federal agencies in metro-Atlanta for the FEB's annual joint celebration of Black History Month. SERO administrator **Virgil Conrad** was the closing speaker.

All-in-all, 1991 was "a very good year" for SERO's Black History Month activities!

..in the Midwest

by *Diana Pihos*

The Midwest Region's EEOAC planned an exciting Black History Month, one that was filled with many unique activities. The theme for this year's celebration was, "Educating America: Black Universities and Colleges," which was the subject of speaker **Darrell Parrish**, Executive Director of Chicago's DuSable Museum. A graduate of two historically black colleges, **Ms. Parrish** informed the audience about the benefits of attending a historically black college.

Another interesting activity was a original dramatic sketch, entitled, "A Rape of the Mind" performed by Chicago Actor and Playwright **Mitchell Hatchett**. The sketch was about a 19 year old who, after being denied a minority scholarship and had thus turned to a life of crime,

...in the Southwest

by *Blanche Jackson*

Black History Month was observed in the Southwest Region with speakers, art displays and down-home Southern cooking.

All sessions focused on the national theme, "Educating America--Black Universities and Colleges, Strengths and Crises." Speakers included several well-known psychologists in the Dallas area--**Dr. Paul Geisel**, a university professor; **Dr. Mamie McKnight**, a consultant to the Dallas County Community College District; and **Dr. Brenda Wall**, a practicing clinical psychologist. Artists displaying their work included **Roy Williams** (a sculptor) and **Bernece**

Montgomery, Drake Hood, and Craig C. L. Darden Adamson (painters). **Drake** is the brother of SWRO employee, **Susie Hood**, and **Craig** is the son of employee, **Jeannette Adamson**.

The observance ended with a delicious pot-luck lunch, featuring all of the favorite Southern dishes--a variety of vegetables, corn bread, all kinds of barbecued meat, fried chicken, chicken and dumplings, neck bones, and several pies and cakes. The food was prepared by various employees and, in at least one case, by a committee member's mom who still cooks from scratch. Umm, umm, good!



The SWRO Black History Month Committee: (L to R) Earlane Young, Esther Phillips (Chairman), Susie Hood and Betty Veasley. Not pictured, Sandra McCall.

was giving one last speech before his execution.

The third activity of the month was a riveting film called "The Meeting." The film was a speculation of what might have happened if **Martin Luther King** and **Malcolm X** had ever met, and what they might have said to each other.

The final activity was an international luncheon. With the music of

Louis Armstrong playing in the background, MWR personnel brought and ate many forms of ethnic foods - from Irish soda bread to Central American black beans; from African-American greens to Estonian kringle. The biggest hit of the meal was fresh catfish that was just cooked. This event rounded-out the month long celebration of African-American history.

...and in the Northeast



NERO RA Harry McLean (l) thanks **Dr. Alan Sheppard**, vice president of academic affairs at Roxbury Community College, for his contribution to NERO's celebration of Black History Month. Dr. Sheppard spoke to NERO employees on "Educating America: Black Colleges and Universities, Strengths and Crisis." The presentation, providing employees with insights to the role and responsibilities of the black university system, was just one part of NERO's month-long observance.

Seattle Field Office Reaches New Heights!

The Seattle Field Office has climbed out of the basement of the old Federal Building and has a window on the world from their new location in the recently completed AT&T Gateway Tower in downtown Seattle. From their view on the 27th floor, office staff, when not buried by food stamp QC files, are able to see the lovely Cascade Mountains, including Mount Rainier (weather permitting), and can monitor traffic flow in I-5.

The Seattle staff, whose eyes had adjusted to the minimal light at their former location, have been reported to need sunglasses to function in the bright new surroundings.

Staff members are delighted with the change!

(submitted by WRO Public Affairs office)

FROM THE PROGRAM...

APWA Studies Surge in Welfare

by Wini Scheffler

A dramatic rise in State welfare caseloads was the topic of a February 27 luncheon sponsored by the American Public Welfare Association at its annual conference. **Andy Hornsby**, Commissioner, Alabama Department of Human Resources, addressed the issue from the food stamp perspective. Other panelists focused on the growth in Medicaid and AFDC caseloads.

Several State studies were cited showing that the jump in public assistance was due mainly to job losses among working people, especially those in part-time and low-paid jobs. The APWA is undertaking a national review to see if study findings are representative of all States.

Another concern expressed was the increased likelihood of error due to higher caseloads and recent rule changes. Several State officials called for relief through increased Federal funding and fewer Federally mandated services.

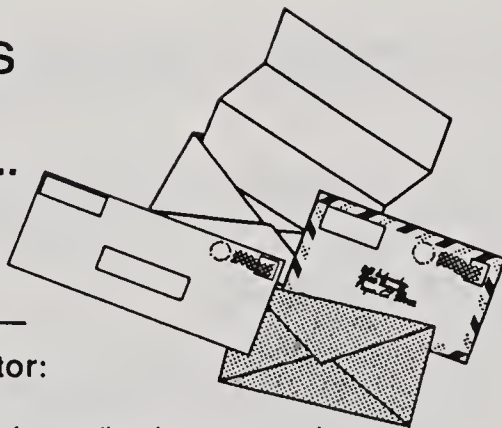
According to **Phyllis Gault**, FNS' Deputy Administrator for Food Stamps, FNS has initiated a number of activities to respond to increased demands created by the recession. Several States have received waivers of the certification periods in some limited circumstances, and other waiver requests are under consideration. FNS has scheduled a meeting of State and local people on March 19 to address the problems created by the growth in participation. The regions have been invited to submit issues for discussion. In addition, FNS has prepared a technical assistance package to help States meet expanded needs.

Bertini Addresses ASFSA Conference

On Monday, February 25, Assistant Secretary **Bertini** addressed the American School Food Service Association (ASFSA) Legislation Action Conference.

The conference, held each year in Washington, D.C., was attended by approximately 450 members of ASFSA. **Bertini** spoke of the President's education goals and in particular the "Readiness for School" goal, and how the Child Nutrition Programs and the '92 budget support that important goal. Also included in the address was an update on activities of interest and slide presentation of activities during National School Lunch Week.

LETTERS TO THE EDITOR...



To the Editor:

I have a few reflections on the Work Force Diversity initiative after attending the recent teleconference. In the teleconference discussions relating to career development, all the participants emphasized the responsibilities of the Agency and its managers and supervisors to provide a climate and opportunities which foster employee career development. This was both important and appropriate.

However, a vital piece seemed to be left out of these discussions-- the responsibility of the individual to be proactive in his or her own career development. Individuals who wish to advance must be willing to expend the time (often, their own time) and efforts needed to acquire the skills that will further their careers, to seek out and create opportunities for themselves. Without this individual self-interest and drive, Agency investments in career development activities will not yield the maximum returns for either the Agency or the individual.

Thank you for the teleconference. It heightened my sensitivity to these issues and I'm sure it did the same for many others.

Cathy Squires
Program Reports and Analysis
Branch
Program Information Division
Financial Management



March is Women's History Month

The theme for this year's Women's History Month is "Nurturing Tradition, Fostering Change." Activities are being planned throughout the month. Here are the scheduled events so far...

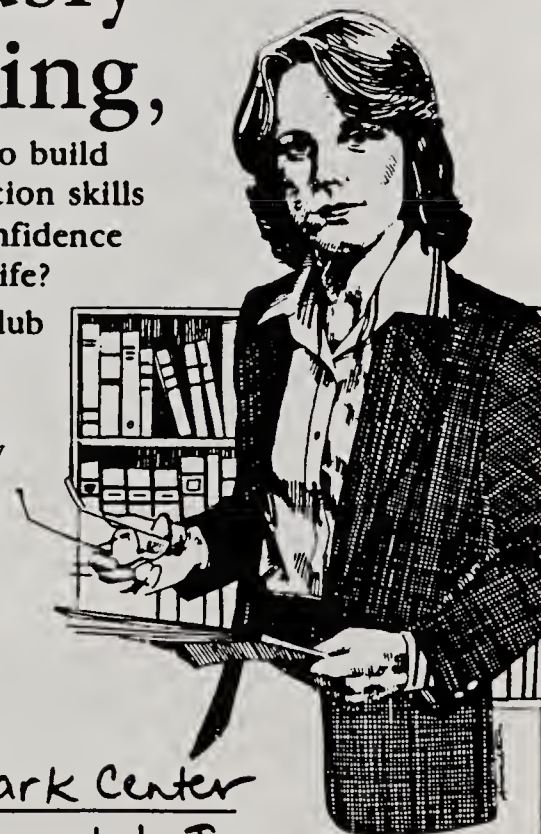
- March 20 - Movie "**Harriet Tubman**", 7th Floor Conference Room, 2:00 p.m.
- March 25 - Main Program Day, **Betty Jo Nelsen** will be the speaker; 4th Floor Conference Room, 11:00 a.m.

Seriously Speaking,

Would you like to build
your communication skills
while gaining confidence
in all aspects of life?

A Toastmasters club
will help you to:

- **SPEAK** clearly
and confidently
- **THINK** on
your feet
- **LISTEN**
effectively



Visit a Park Center
Toastmasters Mtg! Tues., 12:00-1:00

TOASTMASTERS FOR BETTER
LISTENING, THINKING AND SPEAKING

FROM THE HEALTH UNIT...

As usual, there are all kinds of good things coming up:

- March 13, 11:00, sign up for Weight Watchers! First meeting will be March 20, 6th Floor Training Room.
- March 13 -- Health Risk Analysis, 10:00 a.m., 4th Floor Conference Room. There will be a video and self-help books. Bring your blood pressure reading, height, weight, cholesterol reading if you have it. NO CHARGE!
- March 19, **George Branche**, MD, will speak about important considerations for a good fitness program. **Dr. Branche** is in Sports Medicine. He is the clinical instructor at Howard University, and the Associate Director National Center for Sports Medicine-Arlington, Anderson Clinic, Team Doctor for Area Schools and much more. Everyone Welcome! 10:00 a.m., 4th Floor Conference Room.
- April 3, the Mammogram Mobile Unit from Mary Washington Hospital will be at Park Center, 8:00 a.m. to 11:00 a.m. "20 minutes could save your life" For an appointment call 1-800-EXAM (283-3926). The cost is \$50.00. Check with your insurance carrier to see what your policy covers.

It's Time To Get In Shape!

Get in shape for summer and have fun with lunch time exercise. Price \$35.00 for 20 -hour classes. Every Tuesday and Thursday at 12:00 or 12:30 for 10 weeks. Beginning April 9th. Cash Only. Contact **Linda Clarke** (756-3026) or **Tama Eliff** (756-3730) for information.

May is Fitness Month and May 15 is National Employee Health and Fitness Day and Federal Fitness Day!

We're a country that spends the day glued to chairs in front of a computer or rooted to an assembly line. At night, plopped in front of the T.V. More awareness to our fitness is a must! A committee is hard at work planning activities and events throughout the month of May. In particular, events are being planned for May 15, so mark your calendar and look for fliers on upcoming fitness competition. Members of the POC Fitness Committee are:

Barbara Perkey, Chair, Health Unit
 Scott Stangland, Administrator's Office, FNS
 Ramona Justice, Personnel Division, FNS
 Russ Gardiner, Child Nutrition, FNS
 Cindy Hull, Child Nutrition, FNS
 Darlene Barnes, Public Information, FNS
 Mark Porter, Financial Management Division, FNS
 Bill Denton, POC Complex
 Barbara Staiger, Jefferson Hospital
 Scott Clark, The Center Club



THE FIVE O'CLOCK DASH.

HAPPY ST. PATRICKS DAY EVERYONE!

Friday Letter Vacancy Listing by Vacancy Number

JOB TITLE	AREA OF CONSID.	SERIES	GRADE	CLOSING DATE	VACANCY NUMBER	OFFICE LOCATION
Personnel Mgmt. Spec.	(G-LCA)	GS-0201	12	03/26/91	91-45	PED
Food Program Specialist	(FNS-HQ)	GS-0120	12	03/25/91	91-46	CND
Food Program Specialist	(A-LCA)	GS-0120	12	03/25/91	91-46 A	CND
Computer Prog. Analyst	(A-LCA)	GS-0334	7	03/25/91	91-47	IRMD
Nutritionist	(A-LCA)	GS-0630	12	03/18/91	91-48	NTSD
Food Program Specialist	(FNS-HQ)	GS-0120	12	03/18/91	91-49	PDD
Food Program Specialist	(A-LCA)	GS-0120	12	03/18/91	91-49 A	PDD
Nutritionist	(A)	GS-0630	12	04/15/91	91-50	NTSD
Secretary Typing	(A-LCA)	GS-0318	5	03/18/91	91-51	FDD
Budget Officer	(A)	GM-0560	15	03/25/91*	91-52	BUD
Sr. Labor Mgmt Relations Specialist	(A-LCA)	GM-0233	13	03/25/91	91-53	PED
Secretary Typing	(A-LCA)	GS-0318	5	03/25/91	91-54	CND
Computer Programmer Analyst	(A)	GS-0334	7	03/25/91	91-55	IRMD
Supvry. Computer Prog. Analyst	(FNS-N)	GM-0334	14	03/28/91	91-56**	IRMD
Emp. Development Spec.	(A-LCA)	GS-0235	11/12	04/01/91	91-57	PED
Emp. Development Spec.	(A-LCA)	GM-0235	13	04/01/91	91-58	PED
Math Statistician	(A)	GS-1529	12/13	03/26/91	91-H-12	HNIS
Nutritionist	(A)	GS-0630	11/12	04/08/91	91-H-13	HNIS
Supvry Home Economist	(HNIS-W)	GM-0493	14	03/29/91	91-H-14**	HNIS
Supvry Home Economist	(HNIS-W)	GM-0493	15	03/28/91	91-H-15**	HNIS

AREA OF CONSIDERATION

- (A) . - All Sources
- (A-LCA) - All Sources, Local Commuting Area
- (FNS-HQ) - FNS Headquarters Wide
- (G-LCA) - Governmentwide - Local Commuting Area
- (HNIS-W) - Human Nutrition Info. Service - Wide
- (FNS-N) - FNS Nationwide

* . . . - Corrects Closing Date

** . . . - Temporary Promotion NTE 1 Year

OFFICE LOCATION

- CND . - Child Nutrition Division
- IRMD . - Info. Resources Management Division
- FDD . - Food Distribution Division
- NTSD . - Nutrition and Technical Services Division
- PED . - Personnel Division
- HNIS . - Human Nutrition Information Service
- BUD . - Budget Division
- PDD . - Program Development Division

**Darlene L. Barnes, Editor
and Desktop Design**
Pamela D. Faith, HQs Photography

The Friday Letter is published every two weeks by the Public Information Staff of the Food and Nutrition Service. To update your mailing address or to alter the number of copies you receive, please mail your changes to FNS Public Information Staff, 3101 Park Center Drive, Room 819, Alexandria, Virginia 22302. Telephone: 703/756-3286

Upcoming Events

March

- 11-15 - Nat'l Child and Adult Care Food Program
Louisville, Kentucky
- 12 - Toastmasters Meeting 12-1, 4th Flr. Conf. Rm.
- 12-14 - Food Stamp Program Directors' Mtg., Baltimore, MD
- 13 - Health Risk Analysis, call Health Unit , 756-6000.
- 14 - Hearing on WIC Infant Formula , Senate Cmte.
- 17 - Happy St. Pat's Day!
- 18-20 - Regional Disaster Coordinator Mtg., HQs Staff
- 18-20 - RFMIS Training, Alexandria, VA
- 19-21 - National Processing Workshop
- 21 - Nutrition Fair sponsored by DC Public Schools & ASFSA